



Team Nutrition e-Newsletter – Sharing Team Nutrition Resources and Ideas
Vol.1 October 2003

The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and by State agencies with TN grant funding, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

In this issue –

1. Introducing two new USDA's publications
 The Power of Choice
 Nibbles for Health – Nutrition Newsletters for Parents of Young Children
2. FNS Nutrition Link and State agency's TN or nutrition education Web sites around the country

The Power of Choice



The *Power of Choice* was developed by HHS' Food and Drug Administration and USDA's Food and Nutrition Service. It is intended for after-school program leaders working with young adolescents participating in USDA's after school programs. Everything you need to know is in the Leaders' Guide, including most activity materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. The publication contains 10 interactive sessions based on four posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards. The CD contains additional activities, tips for improved communication with adolescents, a training video for the adult leaders, and a song for pre-teens. You can download this new publication at USDA's Web site http://www.fns.usda.gov/tn/Resources/power_of_choice.html

Nibbles for Health – Nutrition Newsletters for Parents of Young Children



Nibbles for Health was developed for childcare center staff and parents of young children enrolled in childcare centers participating in USDA's Child and Adult Care Food Program. This kit offers childcare center staff guidance on conducting discussions with parents in three "sharing sessions" and accompanying posters. Also contained in the kit are 41 reproducible newsletters that staff can provide to parents to address many of the challenges they face. You can download this publication at USDA's Web site <http://www.fns.usda.gov/tn/Resources/nibbles.html>

FNS Nutrition Link

FNS recently launched a new web site called *FNS Nutrition Link*. It connects you to FNS nutrition services, research and educational resources. Check it out at <http://www.fns.usda.gov/nutritionlink/>

Other States' TN and nutrition education related web sites

Many State agencies that administer the Child Nutrition Programs have a TN or Nutrition Education and Training related web site that contains information on technical assistance and training for foodservice staff; nutrition education in the classroom; as well as school and community support for a healthier school nutrition environment. Some States also post their TN newsletters, nutrition education lessons, mini grants to local schools, and best practices on the web. There is an array of TN activities around the country. We will share these web sites as we become aware of them.

- States' websites that have training materials for food service staff

Georgia – quality measures for Georgia's School Nutrition Program
<http://www.doe.k12.ga.us/schools/nutrition/qmmain.asp>

Louisiana – Learning Café (The cafeteria-related activities and ideas in this book were developed for the cafeteria manager to conduct alone or to team with a teacher to enhance concepts taught in class.)
<http://www.doe.state.la.us/lde/uploads/1084.pdf>

Michigan – New School Meal Handbook
<http://www.msue.msu.edu/fnh/tn/tnhot2.htm>
Also visit Michigan's TN web site at <http://www.msue.msu.edu/fnh/tn/>

New Jersey – Quick Steps to Success (10-15 minutes lessons for school foodservice staff) <http://njteamnutrition.rutgers.edu/QuickStepsManual.pdf>
Also, at http://njteamnutrition.rutgers.edu/quick_success.htm



- States' websites that have classroom lessons and activities for teachers and students

Arkansas – Nifty Nutrition K-6
<http://cnn.k12.ar.us/What's%20Happening/Nifty%20Nutrition/Nifty%20Nutrition%20with%20Skill%20Integration%20Activities.htm>

Colorado – Grades 1 to 5 classroom lessons that help teachers and food service staff integrate nutrition education into core curriculum and the cafeteria.

<http://www.cde.state.co.us/cdenutritran/nutricafelessons.htm>

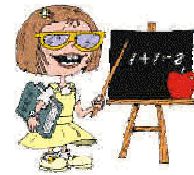
Kansas – Body Walk program, learn how to Eat Smart. Play Hard™.

<http://www.bodywalk.org/index.htm>

Louisiana – Nutrition Across the Curriculum, an instructional resource for educators at all grade levels. Lessons are designed to help students develop positive attitudes toward good nutritional practices, establish lifelong healthful eating patterns, take action for good health, and provide accurate and current nutrition information.

<http://www.louisianaschools.net/ldc/nutrition/1667.html>

New Jersey - Fuel up with Five, a monthly nutrition education game for K-6 children. The program integrates classroom-learning activities with cafeteria food experiences and parent information. The program begins in November and culminates during March's National Nutrition Month with a statewide "Race for Health." http://njteamnutrition.rutgers.edu/FuelUpWith5_Manuscript.pdf



- States' websites that have information regarding creating a healthy school nutrition environment

California – SHAPE California

http://www.cde.ca.gov/nsd/nets/sh_index.htm

Connecticut – Team Nutrition

<http://www.team.uconn.edu/>

Idaho's TN e-newsletter for educators

<http://schoolmeals.nal.usda.gov/Doc.pdf>

Massachusetts - Position Statement on Nutrition Programs and Services in Schools by the Massachusetts School Nutrition Task Force

<http://www.doe.mass.edu/cnp/position.html>

North Carolina – 3 position papers on “Trends, Effects and Solutions between Soft Drinks, Portion Sizes and 5 A Day and School Age Children”

<http://www.nutritionnc.com/Team%20Nutrition/indextn.htm>

North Dakota – creating a healthy school nutrition environment a pre and post project improvement checklist is posted at ND’s TN web site at <http://www.dpi.state.nd.us/child/team/index.shtm>

Ohio – Team Nutrition and Training Web site at http://www.ode.state.oh.us/food_service/Team_Nutrition/default.asp

Pennsylvania – Project PA, promoting nutrition-friendly schools in Pennsylvania. http://nutrition.hhdev.psu.edu/projectpa/frames_html/frames_homepage.html

Rhode Island – Kids First <http://www.kidsfirstri.org/>

Vermont – State Board of Education’s Nutrition Policy Statement http://www.state.vt.us/educ/nutrition/files/forms_nut_policy.pdf

Wisconsin – Team Nutrition Web site <http://www.dpi.state.wi.us/dpi/dltcl/bbfcsp/tn.html>

Wyoming – Team Nutrition Web site <http://www.k12.wy.us/teamnutrition/index.html>

About USDA’s Team Nutrition - Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation’s children. Team Nutrition uses three behavior-oriented strategies: 1) provide *training and technical assistance* to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated *nutrition education* for children, their parents, and other adults who influence children’s behavior; and 3) build *school and community support* to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA’s Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://www.fns.usda.gov/tn>

What is New on USDA’s Team Nutrition Web site? – Check it out at <http://www.fns.usda.gov/tn/New/index.htm>